

# PALS

Positive Ageing Lifestyle Program



**Autumn**  
**2026 edition**  
**March-May**

# Welcome to PALS

**Welcome to the Autumn 2026 edition of our Positive Ageing Lifestyles Program, aimed at promoting healthy, active ageing and social inclusion for older adults who live, work or visit Monash.**

Would you like to receive this program and other Council events and news directly in your email inbox? Our Age Well eNews is a fantastic, ecofriendly way to stay up to date on all things PALS and ageing well in Monash. You'll receive updates in a timely fashion, with bonus events that aren't in our print program. Sign up on our website:  [www.monash.vic.gov.au/PALS](http://www.monash.vic.gov.au/PALS)

## Council and community-run events

PALS includes both events run by Council and events run by community groups. Council events in the program have a dark blue banner with the Monash logo . The logo is also in the activity index. Events without this are run by community groups and other organisations.

**Monash Council takes no responsibility for activities and events planned and managed by community groups and other organisations. All events and activities are correct at the time of printing, however, are subject to change without notice.**

## How to book online – the best method

**Bookings for most Council-run events are essential and will open 8.30am Friday 20 February 2026.**

Bookings for community events are arranged by the organiser. They may already be open at the time of publication. For all community-run booking enquiries, please contact the event organiser.

Read through the program and choose any events and activities that you would like to participate in. If you are viewing this program on your phone, computer or smart device, click on the website link in the event description. Please note many of the events have a cap on the number of participants.

## How to book by phone

If you do not have access to a computer or smart device, please call the number listed in the event description.

## Changes to Age Well Adventures

Due to overwhelming interest, we are limiting the number of tickets for each Age Well Adventure to **2 per booking**. This ensures more people can participate in the program. Our Age Well Adventures aim to help people make meaningful connections over shared experiences – particularly those who find it difficult to travel long distances by themselves. As a result, the program is tailored for individuals rather than group bookings.

### Acknowledgement of Country

Monash Council acknowledges the Traditional Owners of this land, the Wurundjeri Woi Wurrung and Bunurong People, and recognises their continuing connection to the land and waterways. We pay our respects to their Elders past, present and emerging and extend this to all Aboriginal and Torres Strait Islander People.

### Diversity statement

Monash Council is inclusive and welcoming, celebrating the diversity of all our community and employees. We want every individual to feel safe, respected and celebrated regardless of our differences of age, race and ethnicity, sex, gender identify and sexuality, ability, faith and religious beliefs, Aboriginal and Torres Strait Islander identity, and/or socio-economic status.

# Clayton Festival returns in 2026!



Join us for this free community festival in the heart of Clayton.

Enjoy free pool access at Clayton Aquatic and Health Club along with live entertainment, creative activities, food trucks and roving performers and a range of community and Council stalls. Clayton Festival reflects our vibrant and diverse community, and we welcome everyone to join us for an exciting day in Clayton! We look forward to welcoming our Gold Sponsor, Suburban Rail Loop.



<b>DATE</b>	Sunday 22 March
<b>TIME</b>	12 noon – 5pm
<b>VENUE</b>	Clayton Community Centre, Cooke Street
<b>COST</b>	Free
<b>WEB</b>	<a href="http://www.monash.vic.gov.au/festivals">www.monash.vic.gov.au/festivals</a>



## Repair cafés 2026

Repair cafés are a place for residents to have their valued items assessed and repaired by skilled community volunteers, while also learning how to repair items themselves.

We have eight repair cafés scheduled for 2026 with our first on Sunday 22 February.

Repairs must be registered online prior to attendance.

To register, visit

[www.monash.vic.gov.au/Repair-cafe](http://www.monash.vic.gov.au/Repair-cafe)  
or call ☎ 03 9518 3555



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Lifelong learning

Social activities

Age Well Adventures

Health and wellness

 Council-run event. All other events are community-run.

\*During school terms

# PALS MARCH PROGRAMS

## Blue Lotus Water Garden

Age Well Adventures



Nestled in the Yarra Valley, the Blue Lotus Water Garden is a breathtaking 14-acre tropical oasis open seasonally from late December to mid-April. During the flowering season in summer, fields of lotus and waterlily blooms paint the gardens' lakes and ponds in vibrant hues. This activity involves significant walking on uneven surfaces and is recommended for those with good mobility.



<b>DATE</b>	Monday 2 March and Wednesday 11 March
<b>TIME</b>	9am – 3.30pm
<b>VENUE</b>	Blue Lotus Water Garden, 2628 Warburton Highway, Yarra Junction
<b>COST</b>	\$12 transport fee, payable on booking. Entry fee: \$23.50, payable on the day Optional costs, payable on the day: <ul style="list-style-type: none"><li>• Morning tea: prices start from \$4</li><li>• Lunch: prices start from \$11</li></ul>
<b>BOOK</b>	<a href="http://www.trybooking.com/DIONL">www.trybooking.com/DIONL</a> or  03 9518 3555
<b>PICK-UP</b>	Central Reserve, 690 Waverley Road, Glen Waverley or Carlson Reserve, 64-72 Clayton Road, Clayton On-site parking available for both pick-up locations
<b>CONFIRMATION</b>	You will receive a confirmation email or phone call before the event

## Chair yoga class

Power Neighbourhood House

Looking for a gentle, low-impact way to stay active? Join our fun, accessible class designed for all ages and abilities. Improve flexibility, balance and mobility – without getting on the floor! Just stretch, breathe and relax in a supportive environment. Perfect for beginners.

<b>DATE</b>	Monday 2 March
<b>TIME</b>	1.30pm – 2.30pm
<b>VENUE</b>	54 Power Avenue, Ashwood Street parking available
<b>COST</b>	\$15 payable on the day
<b>BOOK</b>	<a href="mailto:office@powernh.org.au">office@powernh.org.au</a> or  03 8849 9707
<b>WEB</b>	<a href="http://www.powernh.org.au">www.powernh.org.au</a>



## Leisure time monthly afternoon tea

The Hub, Glen Waverley  
Uniting Church

Join our inclusive leisure time program for seniors seeking connection and companionship. Enjoy engaging activities and a delicious afternoon tea for just \$5, prepared by caring volunteers. Limited free transport is available upon application.



**DATE** Mondays 2 March, 6 April, 4 May

**TIME** 2pm – 3.30pm

**VENUE** Corner Bogong Avenue  
and Kingsway  
On-site parking available

**COST** \$5 payable on the day

**BOOK** ✉ office@gwuc.org.au or  
☎ 03 9560 3580

**WEB** 🌐 www.gwuc.org.au

## Come and try Scottish country dancing

Waverley Scottish Society

Experience fitness, fun and friendship with lively music in our Scottish country dancing classes. No partner or special attire needed, just bring soft, flat shoes and a reasonable level of mobility. Come along and enjoy a welcoming, energetic atmosphere while learning traditional dance steps.



**DATE** Mondays from 2 March

**TIME** 7.30pm – 8.30pm

**VENUE** Mount Waverley Uniting  
Church Hall  
37 Virginia Street  
On-site parking available

**COST** \$7 payable on the day

**BOOK** ✉ wavscd@gmail.com or  
☎ 03 9558 5164

**WEB** 🌐 www.waverleyscottishsociety.com

## Exhibition: Oakleigh – A changing multicultural community

History Monash Inc

Discover the story of post-World War II migration through photographs and personal accounts of those who settled in Oakleigh from 1945. This exhibition captures an era of transformation, celebrating the resilience and contributions of migrant communities that shaped modern Australia.

**DATE** Tuesday 3 March – Tuesday 30 June

**TIME** 10am – 2pm

**VENUE** Monash Federation Centre  
3 Atherton Road, Oakleigh  
On-site parking available

**COST** Free

**BOOK** ✉ info@historymonash.org.au

**WEB** 🌐 www.historymonash.org.au

## Powerful Da Yan Qigong classes

Mackie Road Neighbourhood House

Experience the gentle yet powerful Da Yan Qigong, a 1,700-year-old tradition featuring a series of movements that cleanse, energise and restore balance. Da Yan means 'Great Bird', and this practice boosts vitality, reduces stress, enhances mobility, and nurtures body, mind and spirit.



**DATE** Wednesdays 4 March – 1 April

**TIME** 10am – 11am

**VENUE** 36-42 Mackie Road, Mulgrave  
On-site and street parking available

**COST** \$3 per session or \$20 for 9 sessions

**BOOK** 🌐 www.socialplanet.com.au/  
request/guest/activity?id=41937  
or ☎ 03 9548 3311

**WEB** 🌐 www.mackierdnh.org.au

## Calligraphy and craft classes

### Mackie Road Neighbourhood House

Discover the art of beautiful writing in our calligraphy class! All levels are invited. Enjoy weekly 2-hour sessions exploring new styles, focusing on one script for 3 to 4 weeks, and creating personalised projects like bookmarks, albums and unique keepsakes.



**DATE** Wednesdays 4 March – 1 April

**TIME** 10am – 12 noon

**VENUE** 36-42 Mackie Road, Mulgrave  
On-site and street parking available

**COST** \$10 come and try session

**BOOK**  [www.socialplanet.com.au/request/guest/activity?id=41929](http://www.socialplanet.com.au/request/guest/activity?id=41929)  
or  03 9548 3311

**WEB**  [www.mackierdnh.org.au](http://www.mackierdnh.org.au)

## Painting class

### Power Neighbourhood House

Unleash your creativity in our painting classes! Whether you're a beginner or an experienced artist, everyone is invited. Our skilled instructor offers guidance in a fun, supportive environment, helping you explore techniques, express yourself and develop your artistic talents.



**DATE** Wednesday 4 March

**TIME** 10am – 12 noon

**VENUE** 54 Power Avenue, Ashwood  
Street parking available

**COST** \$15 payable on the day

**BOOK**  [office@powernh.org.au](mailto:office@powernh.org.au) or  
 03 8849 9707

**WEB**  [www.powernh.org.au](http://www.powernh.org.au)

## Chain of survival: Presented by Ambulance Victoria

### Kerrie Road Neighbourhood House

Empower yourself to act confidently in emergencies. Join this free workshop to learn how to recognise stroke, heart attack and cardiac arrest symptoms. Understand the "chain of survival": calling 000, performing CPR, using a defibrillator, and what happens when paramedics and hospital teams take over.

**DATE** Thursday 12 March

**TIME** 1.30pm – 2.15pm

**VENUE** 36 Kincumber Drive, Glen Waverley  
On-site and street parking available

**COST** Free

**BOOK**  [www.socialplanet.com.au/activity/view?id=42035](http://www.socialplanet.com.au/activity/view?id=42035)  
or  03 9887 6226

**WEB**  [www.knh.org.au](http://www.knh.org.au)

## Scambusters and online safety

### Waverley Community Learning Centre

Learn what to watch out for online, on your phone, and in your inbox. This session covers how to protect yourself from scams and what steps to take if your personal information is compromised. Stay informed and safeguard your digital life.



**DATE** Tuesday 17 March

**TIME** 1pm – 3pm

**VENUE** 5 Fleet Street, Mount Waverley  
On-site parking available

**COST** Free

**BOOK**  [info@wclc.org.au](mailto:info@wclc.org.au) or  
 03 9807 6011

**WEB**  [www.wclc.org.au](http://www.wclc.org.au)

# Hellenic Museum

Age Well Adventures



Discover 8,000 years of Greek history and culture in a heritage-listed building. Permanent and rotating exhibitions include ancient artifacts, Byzantine icons, and contemporary art. Located in Melbourne CBD.



<b>DATE</b>	Wednesday 18 March
<b>TIME</b>	9am – 3.30pm
<b>VENUE</b>	Hellenic Museum, 280 Williams Street, Melbourne
<b>COST</b>	\$12 transport fee, payable on booking. Entry fee \$10, payable on the day Optional costs, payable on the day: • Lunch at Stalactites: prices start from \$12
<b>BOOK</b>	🌐 <a href="http://www.trybooking.com/DIOWD">www.trybooking.com/DIOWD</a> or ☎ 03 9518 3555
<b>PICK-UP</b>	Central Reserve, 690 Waverley Road, Glen Waverley or Carlson Reserve, 64-72 Clayton Road, Clayton On-site parking available for both pick-up locations
<b>CONFIRMATION</b>	You will receive a confirmation email or phone call before the event

## Festa di San Giuseppe

Circolo Pensionati Italiani di Oakleigh e Clayton (Italian Seniors Club)

Celebrate the patron saint of fathers, families and workers with a festive gathering featuring a lavish two-course meal and traditional dishes. BYO drinks and enjoy a warm, community atmosphere as we honour this special day together.



<b>DATE</b>	Wednesday 18 March
<b>TIME</b>	11am – 3.30pm
<b>VENUE</b>	Clayton Hall 264 Clayton Road On-site parking available
<b>COST</b>	\$15 payable on the day
<b>BOOK</b>	✉ <a href="mailto:Pina.amoroso1949@gmail.com">Pina.amoroso1949@gmail.com</a> or ☎ 0412 044 095

## Advanced health and medical care planning workshop

Notting Hill Neighbourhood House

Take control of your health decisions today. Learn how to plan future health care and medical treatment while you're healthy in this informative session. Gain practical guidance to make informed choices. Morning tea provided.



<b>DATE</b>	Wednesday 18 March
<b>TIME</b>	11.30am – 12.30pm
<b>VENUE</b>	37 Westerfield Drive On-site and street parking available
<b>COST</b>	Free
<b>BOOK</b>	✉ <a href="mailto:carers@nottinghillnh.org.au">carers@nottinghillnh.org.au</a> or ☎ 03 9561 0114
<b>WEB</b>	🌐 <a href="http://www.nottinghillnh.org.au">www.nottinghillnh.org.au</a>

## Free hearing tests

### Waverley Community Learning Centre

Book a quick, 15-minute screening to identify potential hearing loss and take the first step toward better hearing health.



Appointments are essential, so secure your spot today. A simple check can make a big difference – don't miss this opportunity!

<b>DATE</b>	Wednesday 25 March
<b>TIME</b>	9.30am – 12.30pm
<b>VENUE</b>	5 Fleet Street, Mount Waverley Street parking available
<b>COST</b>	Free
<b>BOOK</b>	✉ info@wclc.org.au or ☎ 03 9807 6011
<b>WEB</b>	🌐 www.wclc.org.au

## Eating well for healthy ageing

### Kerrie Road Neighbourhood House

Join our free session to explore essential nutrients for energy, strength, bone health and memory. Learn practical tips for creating enjoyable, nourishing meals. Presented by Vinu, an accredited sports nutritionist dedicated to helping older adults eat well, stay active, and feel their best.



<b>DATE</b>	Thursday 26 March
<b>TIME</b>	1.30pm – 2.30pm
<b>VENUE</b>	36 Kincumber Drive, Glen Waverley On-site and street parking available
<b>COST</b>	Free
<b>BOOK</b>	🌐 www.socialplanet.com.au/ activity/view?id=42032 or ☎ 03 9887 6226
<b>WEB</b>	🌐 www.knh.org.au

## Hot cross bun morning tea at The Hub

### The Hub, Glen Waverley Uniting Church

Join us at The Hub for a delightful morning tea featuring freshly baked hot cross buns. Bring family and friends – everyone is welcome! Donations support the Royal Children's Hospital Good Friday Appeal, making this a sweet way to give back.



<b>DATE</b>	Thursday 26 March
<b>TIME</b>	10am – 12 noon
<b>VENUE</b>	Corner Bogong Avenue and Kingsway On-site parking available
<b>COST</b>	Donation
<b>BOOK</b>	🌐 office@gwuc.org.au or ☎ 03 9560 3580
<b>WEB</b>	🌐 www.gwuc.org.au

## Rhythms of Monash



To recognise Cultural Diversity Week, we are showcasing several performances from around the world. Experience music and rhythms that make Monash thrive and enjoy a morning tea. Performance starts at 10.30am. Morning tea at 11.30am.



<b>DATE</b>	Friday 27 March
<b>TIME</b>	10.30am – 12 noon
<b>VENUE</b>	Clayton Community Centre Theatre 9-15 Cooke Street Three-hour parking behind the centre
<b>COST</b>	Free
<b>BOOK</b>	🌐 www.trybooking.com/DIPIM or ☎ 03 9518 3555

# Museum of Chinese Australian History



## Age Well Adventures

Immerse yourself in the stories of Chinese Australians across five floors in the heart of Chinatown. Highlights include the world's largest processional dragon, gold rush history, and interactive exhibitions.



<b>DATE</b>	Monday 30 March
<b>TIME</b>	9am – 3.30pm
<b>VENUE</b>	Museum of Chinese Australian History, 22 Cohen Place, Melbourne
<b>COST</b>	\$56, includes transport fee, 1 hour guided tour and yum cha lunch, payable on booking Optional costs, payable on the day: • Morning tea: prices start from \$4
<b>BOOK</b>	<a href="http://www.trybooking.com/DIOXC">www.trybooking.com/DIOXC</a> or  03 9518 3555
<b>PICK-UP</b>	Central Reserve, 690 Waverley Road, Glen Waverley or Carlson Reserve, 64-72 Clayton Road, Clayton On-site parking available for both pick-up locations
<b>CONFIRMATION</b>	You will receive a confirmation email or phone call before the event

# Cultural Diversity Week

21 - 29 March 2026

*Culture connects us all*



VICTORIAN  
multicultural  
commission  
*strengthening our community*

VICTORIA  
State  
Government

GRAZELAND

# PALS APRIL PROGRAMS

## Learn to lawn bowl

### Glen Waverley Bowls Club

Discover the fun of lawn bowls in our free four-week program starting this April! Enjoy expert coaching, all equipment provided, and a friendly atmosphere. Meet locals, make new friends, and even form teams for a little friendly competition.

**DATE** Mondays 6 April – 27 April

**TIME** 6pm – 8pm

**VENUE** 690 Waverley Road. On-site parking available

**COST** Free

**BOOK** ☎ 03 9561 3227



## Detox Your Home in Monash



Are you clearing out chemicals from under the sink or garage? Not sure what to do with weed killers, bleach, insect sprays and other common household chemicals? These items can't be put in bins or poured down the drain, but you can dispose of them safely at Detox Your Home at the Monash Operations Centre.

Run by Sustainability Victoria, Detox Your Home is free, drive-through and contactless.

Bookings are essential, and we recommend registering early as it often books out quickly! Please check the accepted items and how to prepare them for collection on the day via our website.



**DATE** Saturday 11 April

**TIME** 8am – 2pm (select 1 timeslot only)

**VENUE** Monash Operations Centre, 390 Ferntree Gully Road, Notting Hill

**COST** Free

**BOOK** 🌐 [www.monash.vic.gov.au/detox-your-home](http://www.monash.vic.gov.au/detox-your-home)

# Poyntons Nursery and Garden Centre



## Age Well Adventures

Enjoy a relaxing day at this riverside destination in Essendon. Explore lush plant displays, stylish homewares and outdoor living collections, then unwind at the Boulevard Café with stunning views of the Maribyrnong River.



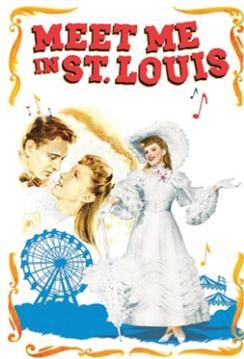
<b>DATE</b>	Monday 13 April and Wednesday 22 April
<b>TIME</b>	9am – 3.30pm
<b>VENUE</b>	Poyntons Nursery, Vida Street, Essendon
<b>COST</b>	\$12 transport fee, payable on booking. Optional costs, payable on day: <ul style="list-style-type: none"><li>• Morning tea: prices start from \$4</li><li>• Lunch at Boulevard Café: prices start from \$10.50</li></ul>
<b>BOOK</b>	<a href="http://www.trybooking.com/DIPHO">www.trybooking.com/DIPHO</a> or  03 9518 3555
<b>PICK-UP</b>	Central Reserve, 690 Waverley Road, Glen Waverley or Carlson Reserve, 64-72 Clayton Road, Clayton On-site parking available for both pick-up locations
<b>CONFIRMATION</b>	You will receive a confirmation email or phone call before the event

April programs

## Movies in Monash: Meet Me in St Louis



Starring Judy Garland, this beloved musical captures young love and childhood fears while portraying a year in the life of a turn-of-the-century family, leading up to the excitement of the 1904 St Louis World's Fair. Morning tea from 10.30am. Film starts at 11am.



<b>DATE</b>	Thursday 16 April
<b>TIME</b>	10.30am – 1pm
<b>VENUE</b>	Clayton Community Centre Theatre 9-15 Cooke Street Three-hour parking behind the centre
<b>COST</b>	Free
<b>BOOK</b>	<a href="http://www.trybooking.com/DIOWU">www.trybooking.com/DIOWU</a> or  03 9518 3555

## Tamil Hindu New Year and Easter celebrations

### Tamil Senior Citizens Fellowship (Vic)

Join us for a vibrant festival featuring cultural performances and community spirit. Enjoy Easter buns and a delicious lunch of rice, curries and traditional dessert. Celebrate Tamil New Year and Easter together!



<b>DATE</b>	Saturday 18 April
<b>TIME</b>	10am – 1.30pm
<b>VENUE</b>	Oakleigh Town Hall 142 Drummond Street Street parking available
<b>COST</b>	\$12 cash payable on the day
<b>BOOK</b>	<a href="mailto:sivasunthar0611@gmail.com">sivasunthar0611@gmail.com</a> or  0449 932 554
<b>WEB</b>	<a href="http://www.tamilseniorcitizensfellowship.com">www.tamilseniorcitizensfellowship.com</a>

# Pride Picnic



Join us for a fun-filled relaxing day out to celebrate the LGBTI+ community and allies. Bring your picnic goodies including food, blankets, family and friends.

**DATE** Sunday 19 April

**TIME** 12 noon – 3pm

**VENUE** Location will be advised upon booking

**COST** Free

**WEB** [www.monash.vic.gov.au/lgbtiqa](http://www.monash.vic.gov.au/lgbtiqa)  
or 03 9518 3555



## Stretching classes

### Waverley Community Learning Centre

Stay active and improve flexibility with our gentle stretching class, perfect for all ages and especially older adults. Enhance mobility, balance and overall health while reducing the risk of falls. A simple, effective way to keep your body moving and feeling great.



**DATE** Mondays 20 April – 25 May

**TIME** 2.30pm – 3.30pm

**VENUE** 5 Fleet Street, Mount Waverley  
Street parking available

**COST** \$135 for 6-week term

**BOOK** [info@wclc.org.au](mailto:info@wclc.org.au) or  
 03 9807 6011

**WEB** [www.wclc.org.au](http://www.wclc.org.au)

## Chair yoga classes

### Waverley Community Learning Centre

Build strength, balance and wellbeing through gentle, seated movements in a supportive class. No experience needed – just come as you are! Perfect for anyone seeking a low-impact way to stay active, improve flexibility and relax both body and mind.



**DATE** Tuesdays 21 April – 26 May

**TIME** 1pm – 2pm

**VENUE** 5 Fleet Street, Mount Waverley  
Street parking available

**COST** \$150 for 6-week term

**BOOK** [info@wclc.org.au](mailto:info@wclc.org.au) or  
 03 9807 6011

**WEB** [www.wclc.org.au](http://www.wclc.org.au)

## Calligraphy classes

### Waverley Community Learning Centre

Discover the art of beautiful handwriting in our engaging calligraphy sessions. Learn elegant lettering techniques and create stunning designs in a relaxed, supportive environment. Perfect for beginners and enthusiasts alike. Unleash your creativity and master this timeless skill.

**DATE** Tuesdays 21 April – 26 May

**TIME** 10am – 12 noon

**VENUE** 5 Fleet Street, Mount Waverley  
Street parking available

**COST** \$150 for 6-week term

**BOOK**  [info@wclc.org.au](mailto:info@wclc.org.au)  
or  03 9807 6011

**WEB**  [www.wclc.org.au](http://www.wclc.org.au)

## Tai Chi for beginners

### Waverley Community Learning Centre

Improve mobility, balance, flexibility and mental alertness in this gentle weekly class designed for older adults. Tai Chi is a low-impact way to stay active, reduce stress, and enhance overall wellbeing.



**DATE** Thursdays 23 April – 28 May

**TIME** 2pm – 3pm

**VENUE** 5 Fleet Street, Mount Waverley  
Street parking available

**COST** \$150 for 6-week term

**BOOK**  [info@wclc.org.au](mailto:info@wclc.org.au)  
or  03 9807 6011

**WEB**  [www.wclc.org.au](http://www.wclc.org.au)

# Alowyn Gardens and Yarra Valley Chocolaterie



## Age Well Adventures

Enjoy a perfect Yarra Valley day out! Wander through six lush acres at Alowyn Gardens, featuring a stunning wisteria archway, edible gardens and tranquil spaces. Then indulge at the Yarra Valley Chocolaterie and Ice Creamery with handcrafted chocolates, decadent desserts and home-made ice cream – all set against picturesque valley views.



**DATE** Monday 27 April

**TIME** 9am – 3.30pm

**VENUE** Alowyn Gardens, 1210 Melba Highway, Yarra Glen

**COST** \$12 transport fee, payable on booking.  
Additional costs, payable on the day:

- \$25 which includes entry fee, garden talk and morning tea at Alowyn Gardens
- Lunch at Yarra Valley Chocolaterie from \$10.50

**BOOK**  [www.trybooking.com/DIOXM](http://www.trybooking.com/DIOXM) or  03 9518 3555

**PICK-UP** Central Reserve, 690 Waverley Road, Glen Waverley  
or Carlson Reserve, 64-72 Clayton Road, Clayton  
On-site parking available for both pick-up locations

**CONFIRMATION** You will receive a confirmation email or phone call before the event

# Neighbourhood House Week

**Neighbourhood House Week (Monday 11 – Sunday 17 May 2026) celebrates more than 400 neighbourhood houses in Victoria and the important contributions they make to their local communities.**

## Discover what's on at your local neighbourhood house!

Monash's 10 neighbourhood houses are friendly, safe and inclusive spaces where people can come together to enjoy mutual interests, learn new skills and support one another.

Our neighbourhood houses are all community focused and non-profit. They embrace cultural diversity through innovative and inclusive programs, which include:

- delicious cooking classes
- LGBTI+ connection groups
- free community lunches
- job skill courses for recent migrants
- free hearing tests.

During Neighbourhood House Week, discover the variety of activities your local neighbourhood house is running. Find your nearest neighbourhood house, and links to their websites at:

 [www.monash.vic.gov.au/neighbourhood-houses](http://www.monash.vic.gov.au/neighbourhood-houses)



## NEIGHBOURHOOD HOUSES *in Monash*



- 1 Amaroo Neighbourhood Centre**  
34 Amaroo Street, Chadstone
- 2 Dixon House Neighbourhood Centre**  
2 Dixon Street, Clayton
- 3 Fusion Oakleigh Youth and Community Centre**  
185 Warrigal Road, Hughesdale
- 4 Kerrie Rd Neighbourhood House**  
36 Kincumber Drive, Glen Waverley
- 5 Mackie Road Neighbourhood House**  
36-42 Mackie Road, Mulgrave
- 6 Mount Street Neighbourhood House**  
6 Mount Street, Glen Waverley
- 7 Notting Hill Neighbourhood House**  
37 Westerfield Drive, Notting Hill
- 8 Power Neighbourhood House**  
54 Power Avenue, Ashwood
- 9 Waverley Community Learning Centre**  
5 Fleet Street, Mount Waverley
- 10 Wavlink**  
36 Myrtle Street, Glen Waverley



# PALS MAY PROGRAMS

## High tea for the women we love

### Notting Hill Neighbourhood House

Celebrate and honour mums, grandmothers, aunties and all the incredible women who have nurtured us. Join us for a cosy high tea filled with delicious treats, warm conversation, and a welcoming community atmosphere. A perfect way to show appreciation and connect.

**DATE** Sunday 3 May

**TIME** 2pm – 4pm

**VENUE** 37 Westerfield Drive. On-site and street parking available

**COST** \$18, payable on booking

**BOOK**  <https://events.humanitix.com/nhnh-high-tea>  
or  03 9561 0114

**WEB**  [www.nottinghillnh.org.au](http://www.nottinghillnh.org.au)



## Melbourne Zoo

### Age Well Adventures



Discover more than 320 species from around the world at Melbourne's iconic zoo, just minutes from the CBD. Wander lush habitats, meet Australian wildlife, and explore immersive exhibits like Gorilla Rainforest and Lion Gorge.

**DATE** Wednesdays 13 and 20 May

**TIME** 9am – 3.30pm

**VENUE** Melbourne Zoo, Elliot Avenue, Parkville

**COST** \$12 transport fee, payable on booking.  
Additional costs, payable on the day:

- Entry fee: \$49, Concession \$41 (subject to change)
- Morning tea: prices start from \$4
- Lunch: prices start from \$10.50

**BOOK**  [www.trybooking.com/DIPHQ](http://www.trybooking.com/DIPHQ) or  03 9518 3555

**PICK-UP** Central Reserve, 690 Waverley Road, Glen Waverley  
or Carlson Reserve, 64-72 Clayton Road, Clayton  
On-site parking available for both pick-up locations

**CONFIRMATION** You will receive a confirmation email or phone call before the event



# National Volunteer Week – 18-24 May

**National Volunteer Week is a time to celebrate the incredible people who give their time, energy and kindness to support others in our community. It's also a chance to invite more locals to be part of something truly meaningful.**

Across our Social Inclusion programs, volunteers play a vital role in helping older residents stay connected, active and engaged. Whether it's sharing a cuppa, heading out on a group outing, or simply having a good chat on the bus, these small moments make a big difference.

## Why volunteer with our programs?

Our volunteers often tell us they get just as much out of the experience as the people they support. Volunteering is about connection, laughter and shared experiences.

As a volunteer, you might:

- join a small social group for activities, outings or lunch
- support participants on local trips and adventures
- help create a welcoming, inclusive atmosphere
- be part of a friendly, supportive team that values your time.

You don't need any special qualifications – just a willingness to connect, listen and be part of the community.



## Who can volunteer?

We welcome volunteers of all ages and backgrounds. Many of our volunteers are:

- recently retired or semi-retired
- new to the area and wanting to meet people
- looking for purposeful, flexible volunteering
- passionate about supporting older people to age well and stay connected.

We provide full induction, training and ongoing support, so you're never on your own.

## Interested in getting involved?

National Volunteer Week is the perfect time to step forward. If you have a few hours to spare and would like to make a genuine difference, we'd love to hear from you.

To find out more, call ☎ 03 9518 3247 or email ✉ [socialinclusion@monash.vic.gov.au](mailto:socialinclusion@monash.vic.gov.au)

## Mother's Day celebrations

### Tamil Senior Citizens Fellowship (Vic)

Our association honours women with a special Mother's Day event. Enjoy gentle exercises and a vibrant cultural program. Tea break with savouries at 11.30am, followed by a delicious lunch of rice, curry and traditional dessert.



**DATE** Saturday 16 May

**TIME** 10am – 1.30pm

**VENUE** Oakleigh Town Hall  
142 Drummond Street  
Street parking available

**COST** \$12 cash payable on the day

**BOOK** ✉ sivasunthar0611@gmail.com  
or ☎ 0449 932 554

**WEB** 🌐 [www.tamilseniorcitizensfellowship.com](http://www.tamilseniorcitizensfellowship.com)

## AI workshop

### Waverley Community Learning Centre

Dive into the fascinating world of Artificial Intelligence (AI)! Discover what AI is, how it shapes everyday life – from chatbots to self-driving cars – and learn practical ways it can benefit you. A fun, informative session for anyone curious about technology and the future.



**DATE** Tuesday 19 May

**TIME** 1pm – 3pm

**VENUE** 5 Fleet Street, Mount Waverley  
Street parking available

**COST** Free

**BOOK** ✉ [info@wclc.org.au](mailto:info@wclc.org.au)  
or ☎ 03 9807 6011

**WEB** 🌐 [www.wclc.org.au](http://www.wclc.org.au)

## Road safety information sessions



Road safety is a top priority for Monash, a local government area known for its higher rates of road incidents. To keep you safe driving and walking, our Age Well team is offering Walk with Care and Road Rules Refresher information sessions. You can book to attend one session or both.

### Walk with Care

This program explores the benefits of walking, the impact of age-related changes on safety, the risks of pedestrian trauma, and practical tips to enhance safety while walking. Participants will gain valuable insights into strategies that promote safe walking as we age.

### Road Rules Refresher

This program provides an update on recent road rule changes and offers a refresher on current regulations to help keep drivers informed and safe.



**DATE** Tuesday 19 May

**TIME** Walk with Care: 10am – 11am  
Road Rules Refresher: 11.30am – 12.30pm

**VENUE** Halcyon Day Centre, 915 Waverley Road, Glen Waverley. On-site parking available

**COST** Free

**BOOK** 🌐 [www.trybooking.com/DHYFZ](http://www.trybooking.com/DHYFZ) or ☎ 03 9518 3555

# Immigration Museum

## Age Well Adventures



Explore stories of migration and identity at this vibrant museum in the historic Old Customs House. Discover interactive exhibitions, cultural displays, and personal narratives that celebrate Australia's diverse communities.

<b>DATE</b>	Monday 25 May
<b>TIME</b>	9am – 3.30pm
<b>VENUE</b>	Immigration Museum, 400 Flinders Street, Melbourne
<b>COST</b>	\$12 transport fee, payable on booking. Additional costs, payable on the day: <ul style="list-style-type: none"><li>• Entry fee: Seniors \$12, Concession Card holders free</li><li>• Lunch: prices start from \$14</li></ul>
<b>BOOK</b>	🌐 <a href="http://www.trybooking.com/DIPHY">www.trybooking.com/DIPHY</a> or ☎ 03 9518 3555
<b>PICK-UP</b>	Central Reserve, 690 Waverley Road, Glen Waverley or Carlson Reserve, 64-72 Clayton Road, Clayton On-site parking available for both pick-up locations
<b>CONFIRMATION</b>	You will receive a confirmation email or phone call before the event



## Australia's Biggest Morning Tea at The Hub

### The Hub, Glen Waverley Uniting Church

Enjoy a delicious morning tea at The Hub and help support Cancer Council Victoria. Bring your family and friends – everyone is welcome! All donations go directly to Cancer Council Vic, making this a wonderful way to share, connect and give back.



<b>DATE</b>	Thursday 28 May
<b>TIME</b>	10am – 12 noon
<b>VENUE</b>	Corner Bogong Avenue and Kingsway On-site parking available
<b>COST</b>	Donation
<b>BOOK</b>	✉ <a href="mailto:office@gwuc.org.au">office@gwuc.org.au</a> or ☎ 03 9560 3580
<b>WEB</b>	🌐 <a href="http://www.gwuc.org.au">www.gwuc.org.au</a>





## Monash Public Library Service

Monash Public Library Service runs a range of **free** programs and events to suit many interests. Below is a brief list of events that we have on offer. For all events, visit [monlib.events.mylibrary.digital](https://monlib.events.mylibrary.digital) or speak to us at one of our branches.

### Healthy skin information session



Discover how diet and lifestyle impact skin health. Learn about age-related changes, common skin injuries, and practical techniques to keep your skin strong and glowing. Take proactive steps today for lifelong skin wellness in this informative, interactive session.

**DATE** Wednesday 4 March

**TIME** 11am – 12 noon

**VENUE** Wheelers Hill Library, 860 Ferntree Gully Road. On-site parking available

**BOOK** [monlib.events.mylibrary.digital/event?id=170548](https://monlib.events.mylibrary.digital/event?id=170548) or [03 9518 3030](tel:0395183030)

### Planning ahead: Presented by Seniors Rights Victoria



Gain clear, practical guidance on enduring powers of attorney, supportive roles and medical decision-making. Explore your preferences for an advance care directive, identify suitable decision-makers, and take-home helpful resources. An interactive session to plan confidently for the future.



**DATE** Wednesday 11 March

**TIME** 11am – 12.30pm

**VENUE** Wheelers Hill Library, 860 Ferntree Gully Road. On-site parking available

**BOOK** [monlib.events.mylibrary.digital/event?id=170871](https://monlib.events.mylibrary.digital/event?id=170871) or [03 9518 3030](tel:0395183030)

### Falls prevention: Presented by Bolton Clarke



April is Falls Prevention Month! Stay strong, steady, and confident with our free, interactive session. Reduce your risk of falls and maintain independence with practical tips, easy strategies, and take-home exercises designed to boost strength, balance and mobility.



**DATE** Wednesday 22 April

**TIME** 11am – 12 noon

**VENUE** Wheelers Hill Library, 860 Ferntree Gully Road. On-site parking available

**BOOK** [monlib.events.mylibrary.digital/event?id=178722](https://monlib.events.mylibrary.digital/event?id=178722) or [03 9518 3030](tel:0395183030)

## StrokeSafe: Presented by Stroke Foundation



Join us during Heart Week for an essential session on stroke awareness and prevention. Hear a volunteer speaker share personal experiences and learn to recognize F.A.S.T. signs, respond in emergencies, and reduce your risk. Gain life-saving knowledge to protect yourself and others.



**DATE** Wednesday 6 May

**TIME** 11am – 12 noon

**VENUE** Wheelers Hill Library, 860 Ferntree Gully Road. On-site parking available

**BOOK** [monlib.events.mylibrary.digital/event?id=181220](https://monlib.events.mylibrary.digital/event?id=181220) or 03 9518 3030

## Age Pension information session with Services Australia



Learn how to navigate Services Australia with expert guidance! This session's focus is on Age Pension support for older Australians. Join us to get clear, practical advice and make the process easier.



**DATE** Thursday 14 May

**TIME** 2pm – 3pm

**VENUE** Clayton Library, 9-15 Cooke Street. On-site parking available

**BOOK** [monlib.events.mylibrary.digital/event?id=172029](https://monlib.events.mylibrary.digital/event?id=172029) or 03 9541 3120

# Ongoing PALS programs

## Come and try croquet

### Monash Croquet

Looking for a fun, gentle way to stay active and meet new people? Try croquet! No experience needed — we'll teach you the basics and provide all equipment.

Our club is welcoming, inclusive, and social, with plenty of activities beyond the game itself. And if you're keen, there are opportunities to join tournaments and competitions as you progress. Come give it a try!



**WHEN** Tuesdays and Saturdays 9.30am – 11.30am  
Wednesdays 1pm – 3pm

**VENUE** Electra Reserve, 21A Electra Avenue, Ashwood. On-site parking available

**COST** Free

**BOOK** [monashcroquet@gmail.com](mailto:monashcroquet@gmail.com) or 0494 325 280

# Seniors fitness hub at Mulgrave Reserve

Ready to make the most of Monash's parks this autumn? Looking for a way to get active and enjoy the fresh air?

Mulgrave Reserve in Wheelers Hill now boasts a seniors fitness hub, equipped with a wide range of free outdoor exercise equipment, all designed with older adults in mind.

Every piece of equipment is tailored to help you build balance, boost strength, improve your functional movement, and keep your joints mobile.

You can also challenge your coordination and core with specially designed unstable surfaces.

**📍 Mulgrave Reserve:**  
**136 Garnett Road, Wheelers Hill**

## Fitness hubs in Monash

Did you know we have smaller fitness hubs with free outdoor exercise equipment at 15 of our parks in Monash? And there's three more coming later in 2026: Argyle Reserve in Hughesdale, and View Mount Road and Jacaranda Road Reserves in Wheelers Hill.

Find your nearest local fitness hub at [www.monash.vic.gov.au/get-active-monash](http://www.monash.vic.gov.au/get-active-monash)



## Cancellation and refund policy

To receive a refund for a PALS event that incurs a cost, you are required to give five days' cancellation notice to allow us to fill the place. Monash Council reserves the right to charge for a booking if you cancel in the 24 hours before an event. If you cancel due to an emergency (for example, sudden illness, admission to hospital) the booking fee may be waived. All cancellations will be charged a \$0.50 Trybooking administration fee.

## Accessibility

Our PALS program offers activities for a wide range of abilities. Activities will include a statement such as, 'This outing involves a significant amount of walking on uneven surfaces and is recommended for people with good mobility'. Please consider your abilities when choosing an event. This information is provided for you to select events that match your mobility requirements.

### Monash Civic Centre

 293 Springvale Road  
Glen Waverley  
8.30am-5pm

### Oakleigh Service Centre

 3 Atherton Road  
Oakleigh  
8.30am-5pm

### National Relay Service

(for people with hearing or speech impairments)

 1800 555 660

### Contact us

 9518 3555

 [www.monash.vic.gov.au](http://www.monash.vic.gov.au)

 [agewell@monash.vic.gov.au](mailto:agewell@monash.vic.gov.au)

### Interpreter services

 普通话	4713 5001
廣東話	4713 5002
Việt Ngữ	4713 5003
Ελληνικά	4713 5004
हिंदी	4713 5005
Italiano	4713 5008
한국어	4713 5010
සිංහල	4713 5020
தமிழ்	4713 5021
Other languages	4713 5000

